

Sarah Mottram

Visiting Academic

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Sarah Mottram is an international educator, physiotherapist and Visiting Academic at the School of Health Sciences at the University of Southampton, UK.

Her expertise is in the clinical assessment of movement impairments, and the design and implementation of retraining programmes to optimise movement health. Her research interests are exploring healthy musculoskeletal function and the health of movement in people across the activity spectrum from elite sports men and women, active older people and those with pain.

Sarah's interests include exploring the health of movement in individuals with cognitive movement control tests and the effect of cognitive movement control retraining on outcome measures of activity, performance and participation influencing quality of life.

Sarah is pursuing a part-time PhD at the University of Southampton, exploring movement choices in individuals for long-term health